



Trim Healthy Podcast with Serene and Pearl
Episode 56 - Serene & Pearl's Big Sister Vange Takes Over
The Poddy Giving You the Tough Love You Never Knew You
Were Longing For!

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny · L = Lesley · V = Vange

[00:00:00]

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[00:00:13]

S This is the PODdy with Serene

P And Pearl

S Get it right P-O-D-D-Y.

D Women and men boys and girls, welcome back to the Trim Healthy Podcast with Serene, Pearl and Danny except today it's not going to be Serene. We have a sub and it's big sister Vange. Please welcome ...

P Sub is such a negative word.

D Sub, like a sub sandwich?

V Am I on air?

P You're live sister.

V No stinking way

D I mean live.

V It's freaky for them.

P Our sister Vange

[00:00:40]

V Freak out baby. I love you.

D Serene is not here. Vange is taking her place. Serene has a much needed break so she can spend some time with the baby since we didn't let her last week. But we're going to dive into some epic pain-jology

V And we need to give Pearl a break here because this is very scary for Pearl because Vange is uncontrollable.

P I am sitting here. I was just going to set some ground rules.

D I've actually noticed that. Pearl's a little nervous today.

P I am totally.

V Rules for Danneth and I???

P I know because you see Danny and Vange are kindred spirits. They're both wild and when they get together it's like double trouble.

V Way back

P Vange is our oldest sister, right. It goes Vange, Serene and then I. Serene is the baby but I...

V I look the youngest.

P Yes of course you do but actually Vange does look super... Vange will be forever, I don't know, 17?

V Oh yes

P Forever

V Life is just one big great swashbuckling stuff and why not.

P I know so...

V Right Danny

D Yes

P Vange and Danny I have to sort of, corral them. Vange was

going oh, we're going to go say this and I'm going to say that, and I'm like Vange I'll direct this thing thanks. I've always been the older, bossy sister and today man.

V She's has been the older, bossy sister except when it comes to wisdom. No just joking Pearl.

D Yes, she... actually I've noticed a little increase in the motherliness of you trying to coral the children today.

V Well this is it because we've never grown up Danny.

P Dan and Vange will always be Peter Pans. Hey, I want to say though. We've got some good news. Guys I know I said it on Facebook but not many of you are on our Facebook. Meadow had her baby.

V Wow

P I know Meadow won't be here to... We might bring Meadow in at some point but oh my goodness. She was an amazing trooper. It was 27 hours.

D I thought you said pounds.

V Can I give the story. Well maybe you as the mother want to give the story.

P No I think we should both share it because when it was happening I was...

V Oh yes

P I was relying on Vange for support. Meadow was relying on me for support but I was texting Vange the whole time like. So for the first day Meadow just had these contractions. They were strong. She couldn't sleep through them every ten minutes apart. She had to breathe through them but they went on all day. The night before she hadn't had sleep so she was tired but she was doing good like a trooper. Then that night her water broke so she went to the hospital and then... They were powerful, powerful and I wasn't planning to go to the birth because her and Kendall, man, her husband, they're a team. They really do this.

V They are so cute.

P Meadow had planned to go natural and she was so prepared. She had read the book. She had read scriptures.

V She had read books, pal. Not book, books.

P And then she had... She brought Vange and I and our mom and aunts in and just her family in to encourage her for her full party. She wanted our wisdom and she was just immersing herself in this.

V Well she took it and she owned it too. I've never seen anything like it.

[00:03:36]

P I know but at two o'clock that morning I get a call and say Mama, I really need you. And so I... and she's two hours away so I'm just like come on Charlie, let's get up..Meadow needs me and I was just like, "whoosh"...I had visions like I was going to go to that hospital. I was going to get every nurse and doctor out of the place and Mother is taking over.

D Yes

P But I got there and they were doing beautiful. She was at an eight and she was just relaxed. It was hurting her but there she was and just doing great. And I was texting Vangelina, she's at an eight. She's doing good Vange.

D For the men listening that's eight centimeters dilated is what she meant by an eight.

P Yes so we all thought the baby was going to be here any minute but it was a long transition.

D Long labor

P Long transition, transition is from eight to ten. It's the most intense part of a labor and her body decided to do it long. I sent Vange a picture and Vange was like, has it started to get more intense? And Meadow was just like hands in the air, crying out to God, Jesus help me.

D Is this her first baby?

P Yes.

D Is that typical with first babies, longer deliveries?

V Yes for the majority the first is always the longest...

D Seems to be.

V Seems to be because you're paving the way, you know I've had ten births.

P Yes we forgot to say Vange is a Mum of ten.

V Huh

P I forgot to say that you're a Mum of ten.

V Oh yes so I've had ten children and so we've all had babies and I've been to a lot of my friends babies and oh they're amazing. And my own daughter's got two and incredible and you just weep and cry but this one I have never... and I don't want to be mean to my own other children's births. I sound so terrible but when Meadow had her baby I saw her. Now she's a delicate... She's this red head and she's this princess.

[00:05:28]

P She's a poised lady.

V And she's delicate and poised. The way she walks.

D Yes she is the Queen.

V The walks is just not Queen, it's Princess but she grew up in my home and Pearl's home back and forth everyday but I saw

these times when she was a warrior. And I had this feeling that she might go long but I thought she's going to kick in. And when Pearl texted me I saw this girl. I saw all of you where you've never been before and you have that first baby and you go to the brink. You see the SEAL soldier going through the rugged depths of what it takes to bring the live body home. And so she texted me this picture and I was just a mess of tears and it was early in the morning and my husband's going to the bathroom and he came back and anymore news? And I'll be like just weeping because I wasn't weeping for sorry for her. I was weeping because I was watching this warrior and she was doing it and you know there was this-the only way I could describe it to the rest of my family was I lived in the Middle East and they had this world class marathon where I was living. And I was watching the people who were first coming in. And they were world-class and they were just flying in, sprinting the last mile like I couldn't even sprint that when I'm just sprinting ten meters. And they'd run 26 miles and my uncontrollable thing I literally fell on my knees and just threw my hat up and saluted them and I had tears coming out of my eyes. And I haven't felt that since I watched, I was like I was in the room

with Pearl and I saw Meadow do that. I saw her do that and then the next picture was she's about to push and this was like 20 minutes after. And I was just like oh!

P It's because Meadow when she was 15 anytime she had to do anything medical it was just horrific. She'd faint. She couldn't even get her blood drawn.

V Yes.

P And then here Meadow was in transition for four and a half hours like a warrior. Oh my goodness. I was there for encouragement for her so I'd be listen Meadow, you were made for this. You can do this. Then I'd be running out and texting Vange oh, it's too hard.

V Go Meadow go.

P And I'd be like this should not happen to her and I was like take this cup from her Lord because she was just roaring and sweating and just... I was like my baby how can she go through this?

V And I was texting Pearl. I've never seen anything so amazing. She's brilliant. She can do this. This is incredible and so when...

P So she pushed for an hour and a half and then the hand was stuck up at the head a bit. Then when the baby just finally

came out after this just super long transition where she didn't even have breaks for her contractions.

V You've got to post that photo Pearl. Pearl was like this professional photographer. I've never seen a photo like this.

P It was amazing. I was just snapping pics.

V The baby comes out. You can't see anything. It's all seemly and the baby lands on her and Meadow's face is the picture of sheer endorphin rush. I've found this baby. I found the long lost one and then Kendall reaches over and he's like praising, this incredible reach and it is every endorphin in your body just from seeing that photo... I was on a high, I was on a high for three days.

P Yes well and Meadow was on a high, after not sleeping for 48 hours or whatever, she was on such a high after having that baby. She was like, just laughing all day, couldn't sleep. It was amazing.

D Wow

V She couldn't sleep. It was just the best.

P But hey, so...

D But I feel like I could push a baby out with you two cheerleaders on site.

V Yes I know.

P Danny had to go through Serene's birth story and now he's got Meadow's birth story.

V And do you know after that I felt like I need to be the doula for every woman in the world who has a baby.

D I'm ready. Yes, boy...

P Danny's ready to push some babies out.

V Do it Danny. Go Danny go.

D Yes I'm mean... That's what I think so many women lack is that family support structure of older woman saying come on girl. We got you. You can do this. So that's a beautiful but also rare thing.

[00:09:31]

P No I think you're right.

V I think with Meadow and it's interesting you should say that because this week I've been thinking about this generation which we live it's like we can do it without the older ones but the young ones who do seek the wisdom of those who have gone before, we need that. We need that.

D Yes

P And talking about that let's talk about Vange and I and Serene, the way we've raised our children here and it might across as a bit wacky but we'll share the details here but

Vange has got something to say about that. So we all live on this hilltop as you know. We all raised our children together. They've all run barefoot through the woods. We're all unique identities.

D There are guard towers and we all share a refrigerator.

P I know, right.

V What did you want me to say?

P No I'm just saying like our children, they're all cousins but they've been more raised like sisters and brothers even though we have our own parents. I don't discipline your children, Vange.

V Right, exactly.

P You don't discipline mine but they've been sort of raised together in our own unique homes but running back and forth.

V Yes absolutely.

P And Meadow's gone now and so my daughter, Autumn is the only girl left in our home and she literally hates it.

V It's so funny.

P We've built this big new house...

V This is the funniest because she's got this glorious room that she picked the colors for...

P Autumn picked the room yes.

V She spent like three nights there in like how many weeks?

P I don't know but Autumn has this amazing room in our new house and she won't sleep there. She will sleep at Vange's house.

V Yes with the three other girls all snug-I mean they're all young but they're all like...

P They all sleep in the same bed.

V They have this huge big bed. They had this huge whopping like two beds put together but now they decided they want bunkbeds so half the time it's like they're falling out of the bed. There's like three of them in one single bed.

D Children will take community over luxury all day.

P They will Danny.

V So will I.

P You're so right and that's what I wanted to say. Perhaps we're a bit wacky with the way that we've done this but community is so important and that's why you were saying Vange, that's why you were saying this podcast...

V Yes. You know I came in... I said Pearl this podcast is all for you girls, you mothers, you women and I thought actually I better listen to a PODdy before I came on.

[00:11:49]

P She doesn't listen to anything. She doesn't read a book. She doesn't do anything.

V I listened to the first PODdy and it was quite fun because it's like what? That's my sisters. Oh this is so fun and so I was listening to Danny and you guys go on about what you wanted in the PODdy and I just felt like no, I'm going to give it to you women because you want this, you want that. You know what we need? We need each other because we are created social creatures and everything we say might not be what you want but we need each other. And some of you, you've got little ones and you're not going to be able to get out with other Mums but you've got us. And that's why we do it. We do it... I'm getting emotional here. Because we do it for you and it might not be the thing you need this week but it might be the thing you need next week. But we need friends.

D That's a powerful point.

P And I think that's why it's so...

V And we need the sisterhood and like oh, I can do away with that. No we are created social beings.

D Yes, you know that's...

V And the deep friendship, you're going to get that. You're going to get the health tips

P Push past her Danny, push past her.

V I want to no but Danny...

D No, I dare not

V But the biggest killer in life is loneliness. They just did this study out. More than cancer, more than anything, the biggest killer is loneliness. And mothers can tend to think oh, I'm all alone. You're not. You have us and you know what? If they're not giving it to you, you just tell them to get Vange on and I'll just come here for you and I'll give you a big kiss and...

D I'm so glad you said that Vange because you know we have throughout this year doing the podcast have people write in and say boy, you said something I really disagreed with or I can't believe you said this or that but it's so, what I want to add to what you're saying is...

P Do it Danny.

[00:13:36]

D Is that's what you need. It's actually okay and this is something that the millennial generation has not really learned to do. It's actually okay for older women to speak into your life. You totally disagree with some of the stuff but at the same time it's the sister or the mother experience that so many have not had and so they don't have the temper that

the, I don't know what it's called, the hardness, the ability to take those types of words. No-one wants to disagree anymore.

P Can I say something real quick? I agree Danny.

V Well yes Pearly I will let you on your own podcast.

P Big Sis just hush up for a sec. I think this is crucial. I love that we're talking about this today because yes we'll probably offend when we say some things but you know what? Sisterhood is okay. Vange and Serene and I are three sisters. I want to talk about this. We are so different. Do we agree on everything, Vange?

V Oh! No. But that's the kiss of it.

P No we're so different. Vange is will. I'm more like in control. Serene's somewhere in the middle and theology do we agree?

V Oh my goodness

P No, do you say some things that offend me?

V Yes.

P Do I get on your goat? Yes but love, I love... Oh my goodness. I would just fight for you to my end day.

V To the very end and that's what I want to say to you guys out there and wrote in all this stuff. And in the end man it's we're a sisterhood and that's when we don't agree. People laugh at me because some of my best friends are completely opposite

me. Some have had no children to save the world. I've had ten children to save the world. And we come from completely different opposite worlds and they're like Vange, how can you do that? I said because it's a kiss. Because we're human beings and we love each other. And then when we disagree it's that our love can go past that.

P Yes because we don't want all our listeners to be like eight and ten to 12 children. Oh my goodness, this is not something that you have to do. If you're a working Mama, let's just cut. Let's be sisters too.

V Yes and motherhood is more than having children. It's adopting. It's adopting those... Oh my goodness. I can get onto that.

P It's adopting what? Finish that sentence.

[00:15:54]

V Well okay so because I believe that you said Trim Healthy Mama so I want to bring that Mum around and a lot of times we forget that. Mothering is the very essence of the gospel and for those of you who don't believe this is going to be your favorite thing. You're going to love me for saying this because the gospel of Jesus is all about being saved. And Christians go round about and they say oh, we're saved, we're saved, we're

saved but being saved looks like something. And in Christian terms we think oh it's like going to church and all that. No it stinking will not and I don't care what jolly church you go to. I'm going to get everyone like hating this podcast. But listen to this. It's being saved from ourselves and being a mother is literally dying to ourselves. It's the highest form of the gospel because that's what Jesus did. He laid down his life for the people coming up and we're laying down our lives for the children coming up and whether it's your children or somebody else's children or something round about you that is bigger than yourselves and we live in this culture that is all about me. And that's why I love it. You're going to love this because Trim Healthy Mama is also about living for something that is bigger than yourself. That is what being saved means on earth. I'm not talking eternally. On earth it means being saved from something bigger than yourself. And we need to adopt that. We need to adopt that moment. Monger that moment.

D Monger the moment?

V Yes monger the moment.

D "MTN"

V And I don't want to sound like some sort of modern day urban

monk wearing skinny jeans. Which you know every tenth person is but we do have to monk it out. Did you get that Pearl?

P You know I totally got it that whether you're the mother of ten children or it doesn't matter if you don't have children...

V Or you have none it doesn't matter.

P Your mothering means that you are laying your life down and helping and bringing, mothering someone, nurturing them wherever they are where you can minister in their life. And that looks like something.

V Yes adopting that moment and some of us need to adopt our own children.

P Yes?

D Oh my gosh

V Oh my goodness, Vange does it every time. She's black and white in your face smack up

P Adopt our own children. Say what you mean

D Adopt our own children?

P I'm going to get kicked in the teeth here. What do you mean by that?

D We need like two podcasts for that.

V Oh I'm going down there.

P Okay what do you mean?

V If I go down there there's so many things that Pearl wants me to go down.

P I know. I've got a whole list.

V Control me Pearl. Control me.

P No but you said it. What do you mean when you think adopting our own children?

D Yes just a little expounding.

V Look we are given such gifts and half the time we think we're mothering brats, we're mother stink bombs, we're mothering this. They've given me such a chaotic fit today. We're mothering this. We're mothering that. Look we're mothering the next generation that can lay down their lives for the world. And it might not look like it at the moment but we're mothering sons and daughters and... We were created in the image of God and okay I'm bringing that in there. But that's who they are and we've got to get that mindset and we've got to adopt them. We've got to adopt the moment not just have them, not just birth them but own that moment, own that mothering. And I'm not saying be a carpet that you'll trample on. Not at all because Pearl can tell you I'm so not that. Not

in my marriage and not in my mothering.

D Oh no, you can mother fierce. You can mother fierce.

V Mother fierce but I'm writing a book called wild mothering but it is. It is wild.

D Woah, mothering in the wild

V But it is wild. Yes wild mothering.

D Wild mothering, yes I'm with you. I just wanted to reverse it.

V You don't have to be a wild personality but just mothering like this. This is a wild concept because we just... Can I go down this lane too is that we literally sort of have our children. We sort of live evolutionary parenting. We kind of just react to stuff and if you're an evolutionist hold on here. I'm not saying... I'm saying if you live like... If you parent in an evolutionary way you're just reacting rather than creating your world. When God created this world He put things in order. He put the sun, the moon, the stars. We have gravity and knowing gravity if we jump off a cliff we're going to hurt ourselves but in the same vein we've learned how to fly planes. Because of gravity we've learned all this dynamics of how the world runs and in the same in mothering is that one chance that we create our world. And your world's going to look different than mine. Pearl's and Serene's look different than

mine and that's Pearl's little thing here. She's trying to bring we're going to mother separately but we have our little thing where we've got to create our world so that our children can fly. They can learn to walk and if we don't have any perimeters...

P I think Vange though creating our world sometimes we try and look at this perfect little world and children destroy that oftentimes. They're not going to be our every dream, you know what I'm saying?

[00:21:13]

V Yes. We're not trying to create dreams. We're trying to create a better world where we lay down our lives and that's always... It's a journey. It's a journey for us. It's a journey for our children. It's just constantly pouring out...

D I've had to learn that... And that's in fact the gift of marriage and children, is that great high calling of that pour out for others and...

V And you have to fight for it.

D And your offspring, yes and you know you go through stages in your marriage. As a man I know. It's that the first stage is like, the conquer stage and then the second stage is wait a minute. I'm giving up all my stuff stage. And then the third

stage is like, not only has she taken it but now all of them are now taking it. And I didn't have that in check for so long and so I was angry every time I walked through my door because it was a give up...

V Yes. Come on.

D I came home and I had to give it all away and so I won't go on and on but...

V It is a much easier transition if we have been brought up. It's an easier... That's what I'm trying to get. This is my whole.

D Yes, no that's key because my wife is always preaching no, let the kids stew in the boredom. Let them sit there with just their brothers and sisters because you know what? One day they're going to get married and they're going to have to enter real life, and that's where they're going to be in a home without all their big adventures to live. They're going to have an adventure in their household and so let's raise them in reality and reality comes when you pour out and...

V Come on Danny.

D And reality comes when you pour out and give...

P When you're in the door you're not for you anymore. You're for them and it's so different because we hear a lot of let's bring it back to Trim Healthy Mama like well okay, I'm just there

for my kids and I wasn't looking after me, and so I was just doing, doing for them, doing for my husband, doing for us. I wasn't doing for me and what we're saying and what you might think hold on. I was already there and it wasn't doing any good. But what we're saying is you getting healthy means you can pour out so much more for them too. And there's that honoring of your body and who you are and then you're giving to them and then you're pouring out. And then you can pour out because when I was not in a good health state I couldn't pour out when I had to take a two hour nap every afternoon.

[00:23:32]

P Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S Serene

P Vange you have had a different journey. Serene and I... You as a child had a lot of food sensitivities and allergies. You haven't been able to eat dairy for much of your life. People always ask me how can I do Trim Healthy Mama when I can't even have dairy. And Vange you've always had a high metabolism too. You eat Crossovers...

V Yes constantly.

P You are a physical person so it's not like you've even had to

lose weight but you eat in this manner that you eat wholefoods, you eat protein centered meals so you do it but can you just tell us a little about your journey with these food sensitivities, what you think about them, where they're at. So many women are dealing with this, Vange.

V I have a different take on it because ...

P I want to hear your take.

V Well I think if anybody could really own like I have sensitivities it would be me because I was a projectile vomiter as a baby and you could say well...

D Oh, congrats

V I've got a little projectile vomiter. No it was serious, very, very, very serious and I was scrawny and...

P Couldn't even take mother's milk.

V No I couldn't even take breast milk and she would lay me down and she would just pray and I would projectile vomit not just three feet. I would projectile vomit like 12 feet across the room.

P You see where Serene gets it from, bodily fluids.

D Bodily fluids

V Yes and we have to go into this.

D Hold on, you could shoot 12 feet.

V 12 feet and it's really annoying that I can't spit that far now.

P Oh my goodness

D I think we ought to call Guinness.

P Oh my goodness, hey, let's just not spend too much time there.
Get to where you are now.

V Okay so I was projectile vomiter and then I was in Africa and
got thrown into Lake Victoria and then I lived over with
picking worms and stuff out of my feet and that's pretty
terrible to tell you. But then I've had...

P So you've lived all different countries. You probably got a few
amoeba's is what you're saying. Let's get on with parasite
subject.

D Serene's big sister Vange.

V No but I wanted to tell them about being bit by not the snake
but the black widow and all this culminated. And so all my
life I had this sensitive stomach but it culminated about eight
years ago when I was bit and I had the latrodectism. It was so
huge and I got I remember crying over the counter top. It got
to the point where if I just drink water I would just be in such
pain leaning over the counter. So I thought I'm either going to
the hospital or I called Pearl and Serene, were praying. And

we got to this point where well let's just go down to four foods.
And I went to four foods for about three months.

P I remember that. What you could eat. You could eat some bone
broth, some proteins, soft vegetables...

[00:26:17]

V Soft well no, it was just soft lettuce and soft, soft, soft egg and
water and bone broth and...

P That's all you could eat because everything else you would
react to.

V Everything... but I want to tell you something. People live,
what did I call it Pearl? With allergen identity and I was so
mad. I was like, I will not own this. And I want to speak to
women. A lot of you own it. Stop it. Just stop it. Stop owning
it. Stop... Pearl's like, screaming no don't do that. Don't.
Don't. They're going to hate us.

P I'm not. I love it. Sometimes I just want to say. She says the
stuff I want to...

D I'll help you sort through the emails. We'll sort together. We'll
do it together. Please continue.

P Vange gets away with everything. She can do stuff I can't do.

D We warned them. You're good.

V Just so you know even though I might act the youngest, I

really am the oldest.

P She's just telling you all to stop it. Okay keep going. It's good stuff.

V No but it's true because you live in an allergy identity and it's not going to help you and you can't live with four foods for the rest of your life. You have to go to the root cause and just say God I want this gone. I want to be able to eat the gamut. And some of you love this whole thing that oh, I can only eat a few foods and it's like your identity. It's like I have this friend of mine, she's type one diabetes. No one would even know and she shoots herself up so many times a day. I've never seen her do it once. It's not her identity. Stop blabbing it and blaring it. Hide it and heal it.

D Ooh

P Ouch man. Yikes-a-rooney

D Welcome to the best podcast in the podcast universe

V Welcome to Vange.

P I can see an email. You answer to this email. It's coming in right now.

D Yes we'll just forward it to Vange.

P No here it is. Listen to it and I want you to respond to it. I mean you say you want this. You say oh, this is my identity. I

hate this. It hurts me. It hurts my children. It hurts my family. Hide it and heal it? How do I hide it and heal it?

V Okay well stop telling everybody about it. Just go on your... You know what? You have to monk out your healing. Monger out your healing, whatever it is.

D Monk out your healing, that's book two.

V Yes okay.

D I like that.

V Okay so instead of just like owning that forever for the rest of your life I can't eat that food. God gave us all these foods and we're living in a whole culture where it's all like you identify with Paleo. Oh I identify with Ketosis only. Oh I'm on fiber only. No fiber at all. Oh my goodness. He gave us this whole world and that's why I decided, you know what... I couldn't even take Pearl and Serene's products but I didn't tell the world that. I didn't. I was a THM product free, friendly person you know and so come on.

P You reacted to erythritol, xylitol, fiber, anything.

V Everything and anything

P Basically everything you reacted to.

V And no one knew. And so I just did those four foods and then I stopped. And I gradually did this. I went on a healing

journey and sure... Can I have a caveat here? For those of you where it's death and life, I'm not speaking to you. I'm not speaking to the ones who touch a peanut and you die. I'm speaking to the ones where it's just discomfort and I've nearly been hospitalized over it but it wasn't death. It was massive discomfort. There's a peeling process.

P Now can you give some practical things for some of the healing process? But you're saying it's mindset, mindset, mindset, mindset and okay. Is that what you...?

P Oh my goodness, can I just tell you it so is the mind and it all works together but there's Vitamin S your spirituality. There's vitamin all those things that are actually bigger than actually your natural will. Hey, did you know I just learned something. Can this be just another caveat? Sorry. That I learned that the heart has six feet of electron magnetism energy and your mind, your brain has none.

D Whoa

V Whoa

P What does that mean?

V That when you apply that to your health and your heart sets on healing and that energy touches, it affects your body. How your heart is because your heart is actually a bigger mind

than your brain. It is. They've done studies on that now.

D They're finding electrical signals are coming from the heart.

V Yes and so that affects your whole digestion too so you live in the poor me world. I'm not going to ever be able to eat normal again. You're going to stay there. And I can eat most foods in the whole world now but my journey has been my whole lifetime and it's been fun but I haven't had an identity in it. And I did lots of bone broth and then the powdered bone broth and then bone broth and bone broth and bone broth and bone broth. And I made it myself and now I make it in the Instant Pot because I had such a permeated stomach. And this is another thing. People think we... you know our stomachs are made to be permeated but not completely. And that's another thing people don't understand. Oh, I've got you know, my stomach lining is all this, all that. Well to a large degree it's made to be.

P Oh that's interesting. So everyone says oh I have leaky gut. Well to a large degree you're supposed to have leaky gut.

D It's supposed to absorb nutrients that way.

[00:31:50]

V Yes it's just when it gets too much so...

P Okay so it's like parasites. We all have a bunch of them but

you don't want too many.

V I just want to put it out there.

D Thanks for the reminder.

V Just don't think... You know you hold on to these words.

P I want you to quickly-let's get practical. Can you quickly tell how you do...?

V Bone broth, okra, okra, okra

P Can you tell how do it because I gave you my instapot.

V Yes.

P Because I didn't use it too much, I'm a bit more of a Crock-pot person. How do you do your bone broth in the instapot? Do it in one minute.

V Okay. Get some chicken feet down at your farmers...

P You use chicken feet?

V I do. I do and get over it.

P What happens to the carcass? Can you use...?

V Okay you can use a back carcass. You want the... Look it up online.

P Because women are just freaking right now, you might have two like yes, chicken feet but you know a few hundred thousand...

D Yes I'm kind of freaking right now

D It sounds like voodoo.

V You don't have to do it but you want as much collagen, gelatin so that when that thing cools it gels up like it's actually jelly. So you throw it in the Instant Pot and I've got Pearl's. And you put, if you want to do two carrots, an onion... At first I couldn't do any onions, any leeks, any garlic, any anything. Like I can do an onion now because it's the water and then maybe a bay leaf and I like to do thyme, a sprig of thyme and a sprig of rosemary. And it's the easiest in the Instant Pot. You don't get the histamine reactions which I got. I had all scales around my eyes but it was healing my stomach.

P So if you do it in a regular pot or a Crock-Pot you can get histamine reactions?

V Yes and I did. For people who are like me...

P Yes which is very severe.

V I spoke to one of the and I can't say her name but I spoke to one of the biggest bone broth people out there and got in contact with them personally and she said do it in the Instant Pot and most people are now. And that is true. I'm on all these bone broth Instant Pot forums.

D and that changes your ability to tolerate?

V Yes it does because...

D That's interesting.

P Then you can get it and it can start to heal.

V Yes.

P So you put that in and then what do you do Vange?

V Oh you just do it for 30 minutes instead of two days or 12 days.

P 30 minutes, oh that's awesome.

V If you're going to do the beef bones you want to do it for three hours. And Pearl they'll want to see us do it so...

P Oh we do a vid.

V We'll do a vid sometime.

D Oh do a vid.

V And then I did cultured veggies eventually. You don't want to do all cultured products. Oh it's good for your stomach. It's good for your stomach. Well some of those can actually react with histamines again.

P With histamines again if you go overboard, but you did little by little but you just believed you were walking out of it.

V And I believed it. And I couldn't do bread, I could do sourdough. I couldn't do cheese. I couldn't do everything and I just was like... You know what there was another time that I really wanted to show I'm going to beat this and I drunk cow's milk kefir. Well I got myself in such trouble. I mean it

was like my stomach... I did... Don't do that. Just do it slowly.

[00:34:34]

P Little by little

V Little by little and don't own it and do the things that heal and add those into your foods and drink your bone broth.

P Because now I see you, I mean you make those No Moo's in our book and they've got our sweeteners in them Vange.

V And also I've taken supplements and we're going to do that later and at another time because what supplements? What supplements do you take? No. We're not doing that now.

D But just in case I can't get to my local Istanbul street market, could I substitute chicken feet for THM collagen?

V No...

P I mean collagen has some healing on the gut.

V Yes it does and it's really good to incorporate it in...

D But we want those chicken's little claws like in a cauldron, a big black cauldron and...

V Yes you want to do the cauldron. You want to wear the black cape. You want to do it all...

P If you're really severe like she was you can take our collagen but you really need to be supplementing with the real broth.

V If you were like me you need to do it right...

P And it doesn't have to be feet. She said it could be a back carcass or something.

V Yes and a lot of people... But you know if you don't really...

P He's freaking out. Look at his face.

D You did not upgrade.

V Listen. Look you can heal yourself. 79 bucks down at Wally World. Go and get it.

P Get what?

V The Instant Pot.

D Ah yes

V Just do it. Don't be a...

D Hey I want to get to the next thing. The next thing is every week now we're going to do a spotlight on a superfood.

Announcer: Trim Healthy Mama Superfood Spotlight.

P Okay today in Vange's honor though I want to talk about cabbage because my children loved to learn cabbage, loved to like to, learned to like cabbage at Vange's house because Vange has ten children and it's such an economical veggie. I want to talk about the health benefits, why you eat it. But Vange obviously you've had some stomach issues but you can have some cabbage now but tell me why you just love it.

V Ooh my goodness, I love cabbage. I love cabbage.

P You've done it raw, cooked. Your family lives on cabbage.

V Okay you're saying well you've had the stomach issues and cabbage yes. Oh it messed with me and so there was several years where I couldn't do it but man, my children... My husband he would come home and get groceries but like the whole groceries was like cabbage.

P I know every time you go to Johnson's house part of the meal is cabbage so it will be cabbage noodles or it will be cabbage on the sandwich. It's a good filler and it's just so cheap.

V Well it's a superfood actually and I remember like...

P Yes.

D It's a superfood, I didn't think of it that way because it's not as green as spinach.

V No it's high in...

P Okay... Go Vange.

V What's this little Pearl?

P Oh I had a note about the good things about cabbage but if you've got something you want to say...

V Well I remember when we were young, maybe you weren't even born and Rock and I were biking down to the health shop because we were into it back then. We read this book in the

Sanitarium, that's a health shop in New Zealand and we read cabbage, the number one super food. And I think that stuck.

P Oh that stuck with you. But there's a new study that came out, a larger study. They studied 57,000 people on Type Two diabetes who gets it and who doesn't.

D Whoa

P These are the things. One of the top two foods if people ate a lot of this to prevent type two diabetes it was cabbage.

V Yes, I believe it!

P No way

P Isn't that interesting? The other things were and this sounds just like THM. Look at this, guess what they ate as well, fish.

V Come on.

P Oatmeal

V Come on.

P Rye bread which is a dark sourdough bread, apples and pears, root veggies like sweet potatoes and cabbage. Cabbage was way at the top though. But isn't that interesting? It just sounds like THM.

V Well cabbage is just... I remember this guy and we invited him over for supper and he said... Oh no, what did he say? It was so funny. He said oh I know what we're having, right?

And I was like oh, how do you know? He said it's going to be cabbage.

P Yes I know at Vange's house you will get cabbage.

V But it's beautiful and we do it so nice

P Yes you're going to tell me how you did it because you did it the other day and I'm going to have you share that. But cabbage contains sinigrin, this is the sulphur agent. Do you know how you smell that sulphur thing that powerfully prevents and fights cancer. It has this other thing called glucobrassicins. Have you ever heard of DIM? You know the supplement DIM or Indole 3 Carbinol.

V Yes.

P That's what women take when they are high in estrogen. They want to balance their hormones. Cabbage contains that and that fights cancer too. It's anti-inflammatory, detoxifies your body, helps with weight loss, improves your vision, Vitamin C. Look we think of oranges right as Vitamin C but then we come out with did you know okra's higher in Vitamin C? Do you know baobab is higher in Vitamin C?

V No, but cabbage Pearl, cabbage

P Cabbage is.

V Oh, I know. I've tried to tell people that but they think it's just this poor-man's vegetable.

D It's a hood veggie.

V Look I'm telling you. The Hill-Toppers live on cabbage.

P Okay so tell me. You said you had it for breakfast the other day. It sounded so good.

V Well I just... Do you want to know the truth and that's why I sort of like had an issue, but I had it for breakfast and I had it for lunch and then I had it for supper.

P Oh so you overdid it.

V Vangie is an over-doer...It's a little like Sereney. Yesterday I wanted those THM Pancakes so I had them for breakfast, I had them for lunch.

D Did you?

P Oh you do do that.

[00:40:03]

V I do. I do. Those are the balance of all us girls.

P Those girls

D Hey you're balancing too but your balance is not balance all in one day. You're balancing through the week. Today is pancake day, tomorrow we'll do an S...

P Your daughters were over at my house last night with

Autumn. They made the best pancakes. Did you hear? They all decided we're going to write a THM kids cookbook last night?

V I heard that.

P Those pancakes were so delicious.

V I was laughing my head off.

P Oh but they got it. They were writing the books.

V They're all about writing books like us because they see us...

P Writing, typing them in and then like... Oh my goodness it was the cutest thing and then the pancakes rocked.

[00:40:37]

V They were serious Pearl. They came back and they just told me. It was just like...

D that's cool

P I know but hey tell this quick because we got to get on to Lesley's Rookie Rescue and then we're done. But Vange tell how you made this...

V That's it? We've hardly begun.

P We've had 40 minutes and you can come back another time.

V They haven't even heard our stories Pearl.

P Next time, love.

V I could have them roaring.

V Yes but they've done with their cleaning you see.

D So we'll do a roaring story time in a future podcast. I'll write that down.

V Because I can tell her stories, can I just tell you something? People say cabbage and if they chop it it's not cabbage.

P What?

V No it's all about the way you chop it. I'm sorry cabbage has to be chopped properly and I chop it so finely. People try to do my recipes and they just chop, chop cabbage and I'm just like oh, that's like tomato and tomato.

P Yours is nice. That's why my kids learned to like it.

V Yes. No you chop them rough and it's just like it's a different animal. It's so fine and I can teach you...

P Angel hair

V No finer than angel hair, it's beautiful.

P Well don't make it sound impossible.

V Oh it's so possible. Just learn to chop.

P What if you could, right Danny?

D What if you could?

P If you could chop finely. Okay so you chop that up

[00:43:18]

P If you could chop finely. Okay tell me about the breakfast and

put some protein in.

V This was breakfast okay so you can add a little bit of salmon or a little bit of tuna.

P I'm not going to eat salmon and tuna in the morning. Can I do eggs separately?

V Well I do it but you asked for my recipe.

P Okay go.

V Okay well whatever recipe you want.

P I want this one.

D Let's calm down guys.

V Okay this one. It was so good so add your little protein, whatever meat you want in there, chopped, cold because this is the raw one and I usually don't do this for breakfast but it was...

P Oh this is cold breakfast?

V Yes because we were screaming. We had this hankering for cabbage.

P Okay so this could be a lunch or a dinner.

[00:42:24]

V It's more like lunch or dinner. That's why we had to have it for lunch and for dinner but we had it for breakfast as well.

P Okay.

V Okay so then we chopped up the little cheese for them and then they put the little... Actually I've got them here, the little superfood pichuberries. Like just about 13 to just bring it all out and then a squeeze of lemon, pinch of Himalayan celtic salt. I made three batches and my children were like mum, let's do more. Let's do more. Every time they like to do more, Jirah, boy, man 18, Mum can I have more of that? My little boy eight oh Mum...

P So let's get this in a summary, chopped finely, finely, finely chopped cabbage.

V Finely, finely

P Whatever protein meat you want or you chop up eggs or fried eggs or whatever. And then you've got a squeeze of lemon, mineral salt, these berries. If they don't have those particular berries what could the use?

V You could do like...

P Like cranberries

V Cranberries

P And do we have a Fuel Pull here? Do you have a fat in there?

V Oh you could throw in some fat.

P Yes but did you?

V No I didn't.

P So this is a Fuel Pull. This is an ultra weight loss recipe. Do you call it a salad or was it your meal?

V It was just beautiful.

P Okay.

V It was so good but you know what I love to do fine cabbage with the fried eggs when it's warm for breakfast.

P Yes then you fry them with your eggs as noodles.

V And we did the cabbage noodles with fried okra

P Hey Lesley come over here because we're going to get Vange back another time but we... Everyone's following Lesley now. She came in last week.

V Do you know she's beautiful?

P I know.

P She's a rookie on Trim Healthy Mama and she's been with us a while and she's only just started to do it and she has all these questions and go Lesley mate.

L I feel like I can't literally can't follow that conversation with awesome Vange.

P You can because you have red hair like Vange.

L Okay.

V You can follow me. We're sisters.

L No. that was like so intense and felt that we had to wrap up

for my Rookie Rescue and now I'm just feeling like... "ugh:

V Oh my goodness, it's always intense.

L Yes so what was the... I'm going to ask the... I've got one of my Rookie questions right?

[00:44:18]

P Yes tell us what's troubling you and tell us how you've been doing. Has it been a week yet you've been following our fully on plan, a week and three days?

L I can't say fully.

P No but...

L I probably will have a hard time saying fully but I will say I haven't had a white potato this week and that is huge for me. Like, I grew up in England. Listen to what my favorite food used to be.

V Oh she's an English girl.

L I grew up in England and fish and chips obviously.

D Fish and chips

L Let's not talk about it too long because... But my favorite meal was a Chip Butty which is literally chip fries in bread. I was...

V You're kidding me [overtalking].

P It's starch and starch. Let's just call it double starch fried.

L You've got to understand how extreme my love...

V That's like bring on the Type Two.

L What I said last week. I had never fad diet... I just never was that person. It's just recently started to feel like "hmmm", but health wise only because I'm getting older not because I have a problem with how I look...

P No we love how you look.

V Oh I love how you look.

L I'm just like sure. Anyway...

V That sounds bad. You have to...

L No I'm just I'm confident in my skin but I started to feel my health. I just felt sluggish and I felt tired...

V No she's a lovely beautiful girl.

P And you were concerned about the possibility of your blood sugar.

L Yes. I never even knew what blood sugar was until I worked here six months. I'm serious. Okay so my Rookie Rescue question is so I want to celebrate that I haven't had a white potato for a week. I've been doing okay. My cottage cheese on Ryvita is like, my lifesaver because that was actually one of my Mum's pregnancy... That was her craving so I grew up with that. That doesn't feel like it's a Fuel Pull right?

P Yes it's good and have you been doing that more and more

protein centered breakfasts?

L I do the yoghurt. I get it down every day. Yogurt and berries even though I'm not hungry, I don't want it but I'm just doing it

V Good girl, yogurt!!

P I know you're not weighing but I see some life and definition in your face.

L It's the curtains. The lights. The lights we have here today.

P I'm sorry. Stop that.

V When her face is vibrant.

P Yes I know.

L Thanks girls.

P Okay give us your question.

[00:48:12]

L Okay so my question is I love mayonnaise and in the past I would just put it on everything. Even if I was just doing a salad I would make my dressing with the mayonnaise base and some balsamic or whatever. I feel and maybe it's because I'm not reading between the lines but I feel like mayonnaise isn't necessarily like... It's not like emphasized anywhere really, like we substitute for Greek yougrt... I don't know...

P Okay.

L But in my mind mayonnaise is just like eggs and olive oil so I just didn't know. Can you clarify is mayonnaise like...?

P Is it a beloved THM food? Should you feel good about eating it?

L Yes like sometimes I want to.

P Okay well it is on plan and here's the deal. If you're more like Serene or Vange; Vange is also a purist you'll be making your own and we have a great recipe on Trim Healthy Table, but the ones in the store are still on plan because you're right, it's eggs and oils and a little vinegar and it's definitely an S.

V Some of them have a bit of sugar. Is it the sugar?

P It's trace. It's zero grams. They put it in but it's not translating. I don't know why they put it in. The one that we make at home isn't in it there but it's zero grams. So the ones at the store mostly it will be soybean oil and we don't believe soy bean oil is the greatest health promoting oil and so that's why we don't use gobs of mayonnaise however and it's high in fat which is great for S. But feel free to use it. The reason we cut it with Greek yogurt...

L Oh you cut it.

P Yes we just mix it in. We just do half-sies half-sies is because

you're getting less soybean oil and also less fat so it goes further. You can have more of it. If you're using three tablespoons of mayo in a meal or four maybe let's just say, that's a lot, right.

L On my Chip Butty

P It's a lot of fat for you... Some of us can burn that. Some of us can't but if you cut it with Greek yoghurt it's still creamy but it just goes further and you can have more creaminess in your meal.

L Makes sense, thank you.

V And who doesn't want a rescue?

D Danny rip us up, man Dan Dan?

L Bye

V Dan Dan

D Well Vange you have just totally rocked my face...

V Oh Danneth

D And I am so, so glad you came in. Can we have you back on the podcast?

V Dudes

P Oh no, what

V I'm talking to the woman. I was talking to Danny right then.

D So yes...

V Danny's looking at me so that we're really talking to the women. I love the women. Of course I'm coming back.

P She doesn't love you so much but she loves the woman?

V Danny is my bro from way back. That's how we met. We mongered the mountain.

[00:49:00]

D Yes we did.

P Monger is a new word.

D Monger yes. In other words we just got together and both decided that we were going to buy all of Primm Springs...

V Yes all of Primm Springs. We were on mountain tops on other people's land we didn't even know. We had these sticks we had found and we were like, lifting them up like Moses...

D And deciding who was getting what and we didn't own any of it so...

P And now Sam owns most of the hilltop.

D And now Sam owns most of it.

V No but it doesn't matter if Sam owns it then I own it. You know it's like for the family

P Vange walks every day. Every day Vange is doing miles on this hilltop. That's why I always say there's Vange. And she has her stick and she just conquers it every day.

V I got lost yesterday for an hour and a half way up in these mountains and ridges. I couldn't... I could see for miles. It was amazing.

D I think what we ought to do is when we have you back I'd like to hear some of Vange's roaring stories about Serene and Pearl and yourself and you guys growing up, how you came to be who you are today, all that.

V I've got to tell it because they won't.

D Yes we want to hear your perspective because you got...

V That's the best perspective.

D Yes so listen everybody, thank you so much for tuning in again. Hey we want to tell you if you a listener but you are not following us on Facebook we have a rocking THM page and...

P I knew you were going to bring this up Danny.

D I have to. And we're going to start doing some behind the scenes videos. You can see us more.

P Just say what you want to say Danny.

[00:50:25]

D I made a video and I want you to see it.

V He wants to be the star.

P No he started his own fan page because he's star now.

V I know. I love it.

P Danny Valdes, he wants you to...

V He wants you all to see his photos. I mean he really is like a lizard. He can morph into anything... Your photos are incredible Danny.

P Okay so go like Danny. Danny Valdes fan page because he's going to see lots of stuff there.

D Well since you brought it up it's Danny...

V You need one Danny. You need one.

D It's Danny Valdes and it's spelled with an s on the end, the number four and the word real. Danny Valdes 4 real.

P Is that you THM fan page?

D There's a lot of imposters out there. Yes.

P So Danny Valdes with an s and then what four...?

D Yes, the number four

P Real

D The word real, Danny Valdes 4 real

V We need to be the first to do that

P I've liked his page. He sent it to me. Did you wait this whole podcast just wondering when you could get the opportunity to share?

D I felt it in this moment.

V He's fandangled, his winged his way in, man.

P Okay see you guys next week. Love you.